

The weather is getting warmer and it's time to "hit the trail". Our family loves to go hiking here in the Shenandoah Valley, where there are lots of great places to hike. But before we go, we always check to make sure we have the proper equipment. One thing we never want to forget is a great trail mix for snacking on along the way.

Some people know trail mix by another name, "GORP", which stands for "good old raisins and nuts" or "gobs of raw protein". A 1913 dictionary refers to "GORP" as a verb meaning "to eat readily". Today there are many variations of trail mixes. These mixes are usually made from a combination of foods such as nuts, seeds, dried fruit, pretzels, crackers and sometimes candy coated chocolate pieces and chocolate chips. These mixes replenish energy and supply many healthy benefits.

Here at Grandma's Pantry, we carry over forty different unique and wonderful assortments of trail mixes for you to choose from. We have a wide variety ranging from sweet mixes, hot mixes, salty mixes, some with fruits and some with nuts. For those who want nothing but healthy, we have "Dieter's Delight", "Imperial Fruit", "Fruit and Fitness" to name a few and they are bursting with nothing but healthy dried fruits and nuts. For those who prefer a little touch of sweetness, we have "Sweet Temptation", "Banana Split", "Smores", and many others that are made with just a touch of sweetness. If you are one who prefers it hot and spicy, we have "Mexican Taco", "South of the Border", "Wasabi Trail"

and others ranging from just a touch of spice to “wow, that was hot”! And for those who like organic only, we have other trail mixes for you to enjoy also.

Trail mixes are popular snacks because they are lightweight, easy to pack, high energy and ready to enjoy at any time. Stock up on a variety of trail mixes from Grandma’s Pantry. It’s a snack that is ready when you are.

See you on the trail ☺

***“So, whatever you eat or drink, or whatever you do, do all to the glory of God.”*** (I Cor. 10:31)